

GRADES

TERM

FALL

WINTER

SPRING

III

Outdoor games
Races
Stunts
Walks

Indoor games
Races
Mimetics
Some skills
Folk dances
Stunts

Outdoor games.
Races
Some skills
Swimming
Boating
Picnics
Walks.

IV

Outdoor games
Races
Stunts
Walks

Indoor games
Races
Some skills
Folk dances
Stunts

Outdoor games.
Races
Some skills
Swimming.
Boating
Picnics
Walks.

V

Outdoor games
- group + double
group games
Races - jumps
- throws
Relays
~~Field games~~
Stunts
Indoor games
- soccer
- hockey

Indoor games
Relays
Stunts
Apparatus
Rhythms
Contests
Winter sports
Indoor games
- basketball
- volleyball
- badminton
Folk dances.

Outdoor games.
Races - jumps +
throws.
Field games.
Stunts
Contests
Swimming + diving
Boating
Canoeing
Picnics +
overnight trips
Indoor games.
- baseball
- tennis

GRADES

FALL

TERM.

WINTER

SPRING

VI

Outdoor games
 Races
 Stunts
 Ind. up games
 - soccer, hockey
 - lacrosse

Indoor games
 Relays
 Stunts
 Apparatus
 Contests
 Winter sports
 Ind. up games
 - basketball
 - volleyball
 Badminton
 Folk dances
 Rhythms

Outdoor games.
 Races
 Field games.
 Contests
 Swimming + diving
 Boating + canoeing
 Picnics, overnight
 trips + camping.
 Baseball.
 Tennis.
 Archery.

VII

Outdoor games
 Races
 Stunts
 Relays
 Soccer
 Hockey
 Lacrosse
 Archery

Indoor games
 Relays
 Stunts
 Apparatus
 Rhythms
 Folk dances.
 Contests
 Winter sports
 Badminton
 Ind. up basketball
 Volleyball

Outdoor games
 Races
 Field days.
 Contests
 Swimming + diving
 Canoeing
 Picnics, overnight
 + camping trips.
 Baseball (softball)
 Tennis
 Archery

GRADES

TERM

FALL

WINTER

SPRING

VIII

Outdoor games
- group & team
Game skills
Soccer
Hockey
Lacrosse
Volleyball
Shuttleball
Archery

Indoor games
group & team
Contests
Stunts
Apparatus
Game skills
Gymnastics
Folk dances
Winter Sports
Badminton
Lead-up basketball
Rhythms

Outdoor games
- group & team
Contests
Game skills
Field & track
Swimming & diving
Canoeing
Camping, trips
Softball
Games
Self - lead up
Archery

IX

Team games
Soccer
Hockey
Lacrosse
Shuttleball
Volleyball
Archery
Mountain
climbing

Team games
Contests
Apparatus
Gymnastics
Game skills
Folk dances
Lead up creative dancing
Winter Sports
Basketball
Badminton

Team games
Track & field
Swimming & diving
Canoeing
Folk - dancing
Camping
Softball
Games
Self
Archery

GRADES

TERM.

FALL

WINTER

SPRING

X

Team games
Soccer
Hockey
Ice hockey
Shuttleball
Mountain
climbing
Archery

Team games
Gymnastics
Apparatus
Folk dances
Ind. wk. creative d.
Folk + clay dancing
- Ind. wk.
Basketball
Badminton

Team games.
Track + field
Swimming + diving
Canoeing
Life-saving
Camping
Softball
Tennis
Solf

XI

Soccer
Hockey
Ice hockey
Archery
Mountain climb
Volleyball
Stunts

Gymnastics
Apparatus
Folk, social, folk.
clay, creative
dancing
Basketball
Badminton
Bowling

Track + field
Swimming + diving
Canoeing
Life-saving
Camping
Softball
Tennis
Solf

XII

Soccer
Hockey
Ice hockey
Archery
Mountain climbs
Volleyball
Stunts

Gymnastics
Apparatus
Folk, social, folk.
clay, creative dancing
Basketball
Badminton
Bowling

Track + field
Swimming + diving
Canoeing
Life-saving
Camping
Softball
Tennis
Solf

On the whole there is not
enough progression from year
to year. There wouldn't be
time for all the activities you
have put into one year.

Sports for Recreation.

● Chapter 30.

Practical Aids for Conducting Competition.

Program - Acceptance of entries.
Drawing up of schedules.
Notifying of playing time.
Assignment of officials.
Recording of results.

1. Volleyball + basketball.
Scoring board at top of ladder.
2. Flash score boards.
3. Assignment board.
4. Reconstruction of courts.
5. Spring corner flags inserted in pipes sunk in ground.
6. Net standards of pipe cemented into wheel hub, with snap rings.
7. Marking equipment.
 - electric needle for leather - wood.
 - electric pen for metals.
 - paint on school floors.
8. Rules posted on court
9. Softball bases - cement squares sunk flush to ground.
10. Frame for marking out batter's box.
11. Baseball bat rack.
12. Circle - o - graph - stick of metal to mark out target circles.
13. Rack judges stand.
14. Starter's pistol substitute.
15. Shot + discus circle marker.

Chap. 31.

Scheduling Procedures.

Round Robin.

Teams entered.	Team vs. Team.	Total games.
4	1 x 2	6.
	3 x 4	
	1 x 3	
	etc.	

Consolation Tournament.

Continuing consolation tournament - A, B, C teams.

Classified Play-off tournaments - each team plays from A - B - C.

Ladder tournament - tags, clothesline.

- pyramid type tournament.



Games + Parties.

Suggestions.

1. Dress suitably.
2. Invite all to enter.
3. Be confident + un irritable.
4. Join in games if possible.
5. Be courteous.
6. Know work.
7. Avoid argument.
8. Develop fair play.
9. Correct errors nicely.
10. Don't waste time.
11. Cheer well.
12. Stand in central position.
13. Get formation before starting game.
14. Be brief.
15. Define method of getting group together.
16. Be precise in relays etc.
17. Score board good.
18. Extra players can help.
19. Play game till at ht. - then stop it.
- stop it soon - if boring.
20. Keep room well ventilated.
21. Arrange evening before hand - committees
etc - theme, decorations, refreshments.

Pass the Orange.

11 lines of players - orange passed along on ankles on each player.

Many Ways of Getting There.

11 lines - each person must reach the bottom of his line by a different way - hopping, skipping.

Irish Stew. (Social mince) 10 min. play
Slips of paper pinned on the backs of half the players.

Salt, pepper, celery, tomatoes, potatoes, beef, turnips, parsnips, onions, cabbage, cauliflower, rice, barley, water.

Relay -

- | | |
|----------------------------|-------------------------|
| 1. Shy as a (fox). | 15. Modest as a violet. |
| 2. Swift as a deer. | |
| 3. Busy as a bee. | 16. Gentle as a dove. |
| 4. Crazy as a loon. | |
| 5. Wise as an owl. | |
| 6. Faithful as a dog. | |
| 7. Fierce as a tiger. | |
| 8. Strong as an ox. | |
| 9. Quiet as a mouse. | |
| 10. Happy as a lark. | |
| 11. Sweet as a rose. | |
| 12. Pure as a lily. | |
| 13. Thirsty as a camel. | |
| 14. Stealthy as a panther. | |

Co-Ed. Activities for a Small High School.

- 1) Early co-ed. training.
- 2) Recreation - pic, for hang-over.
- 3) Objectives.
 - opportunities to come together.
 - carry-over value.
 - courtesies.

boys
cut strength
courtesies.

girls.
sportsmanship
attention
responsibilities.

- 4) Enjoyable activities - suggestions.
- 5) Balanced & suitable activities.
 - no personal contact.
 - match emotions.
- 6) Organization
 - student leader & clubs.
 - organization of whole school.
 - state instruction

2) Activities

Archery.
Winter sports.
Riding.
Badminton.
Tennis.
Softball.
Dancing.

Swimming.
Hiking.
Shooting.
Volleyball.
Golf.
Music & dramatics.
Literaries.



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